



Deliciously different

Celebrate the season with a centerpiece that's anything but ordinary—our premium turducken brings together turkey, duck, and chicken in one incredible feast. Make your holiday table deliciously different with this gourmet twist on tradition.

Legends Haul Turducken Roast

22.02/kg

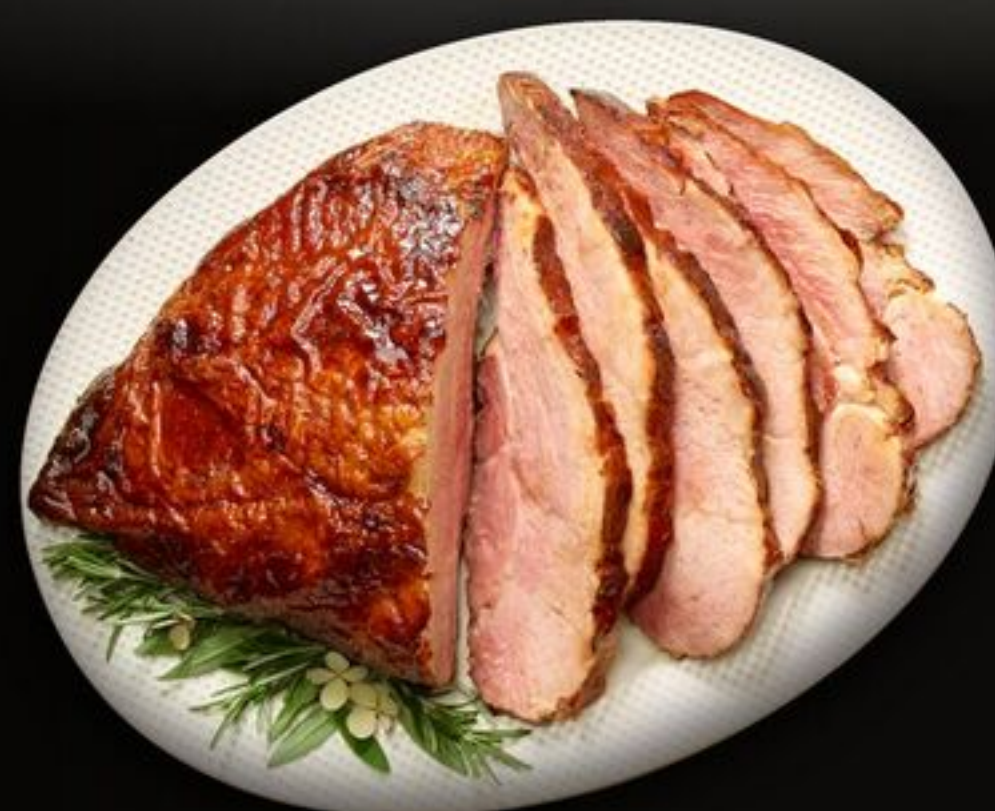
\$9⁹⁹/lb



Turkey Breast Roast

Plain or Stuffed, Fresh, 17.61/kg

\$7⁹⁹/lb



Dawson Creek Easy Carve Ham

11.00/kg

\$4⁹⁹/lb



Legends Haul Herb & Citrus Brined Turkey Roll

22.02/kg

\$9⁹⁹/lb



Mandarin Oranges

China, 4 lbs

\$7⁹⁹



Red Seedless Grapes

USA, 8.80/kg

\$3⁹⁹/lb



Chocolate Swirl Cake

Also Selected Varieties, 700g

\$15⁹⁹

Merry Christmas!

Prices effective Thursday to Friday, December 18 to 26, 2025. We reserve the right to limit quantities. Plus deposit, recycling fee where applicable. Subject to availability. Photos are for illustrative purposes only.

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PRODUCE

FRESH
FRESH
FRESH

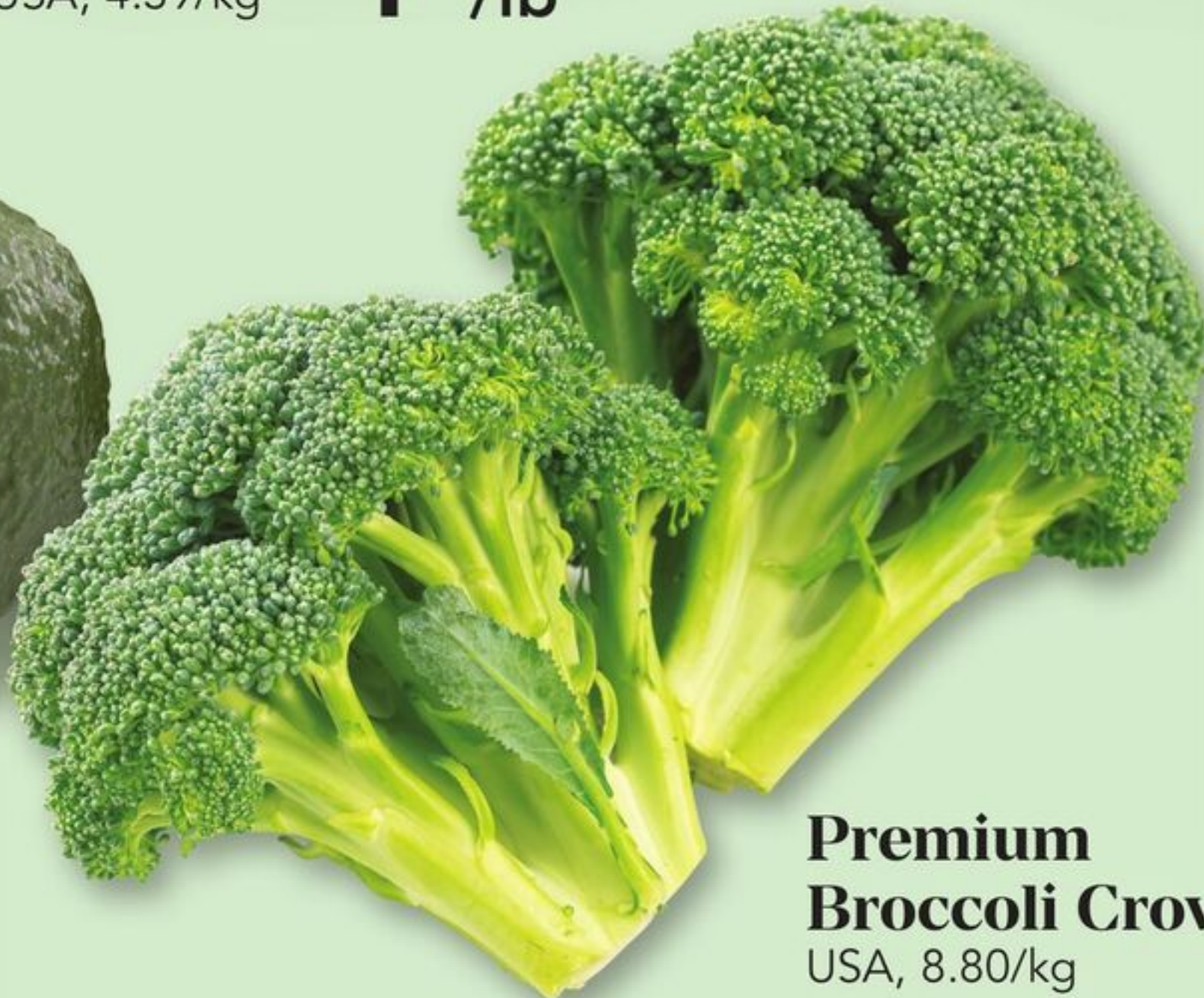


Large Avocados
Mexico

2 for \$6



Yams
USA, 4.39/kg **\$1⁹⁹/lb**



Premium Broccoli Crowns
USA, 8.80/kg

Raspberries
(340g) or
Blackberries
(1 Pint), Mexico

\$7⁹⁹



Organic Carrots
USA, 2 lbs

\$3⁴⁹



Taylor Farms Chopped Salad Kit
USA, Selected Varieties, 333g **\$4⁹⁹**



FLORAL



Roses with Oriental Lilies & Greens Bouquet

\$26⁹⁹

Snow Village
\$11⁹⁹



Tropical Plant in Himalayan Planter **\$54⁹⁹**

BAKERY



Country Harvest Protein Bread
Selected Varieties, 600g

\$4⁴⁹



Pumpkin Pie with Spiced Whip Cream
Also Selected Varieties, 750g

20% off



Loison Panettone
Selected Varieties, 500g

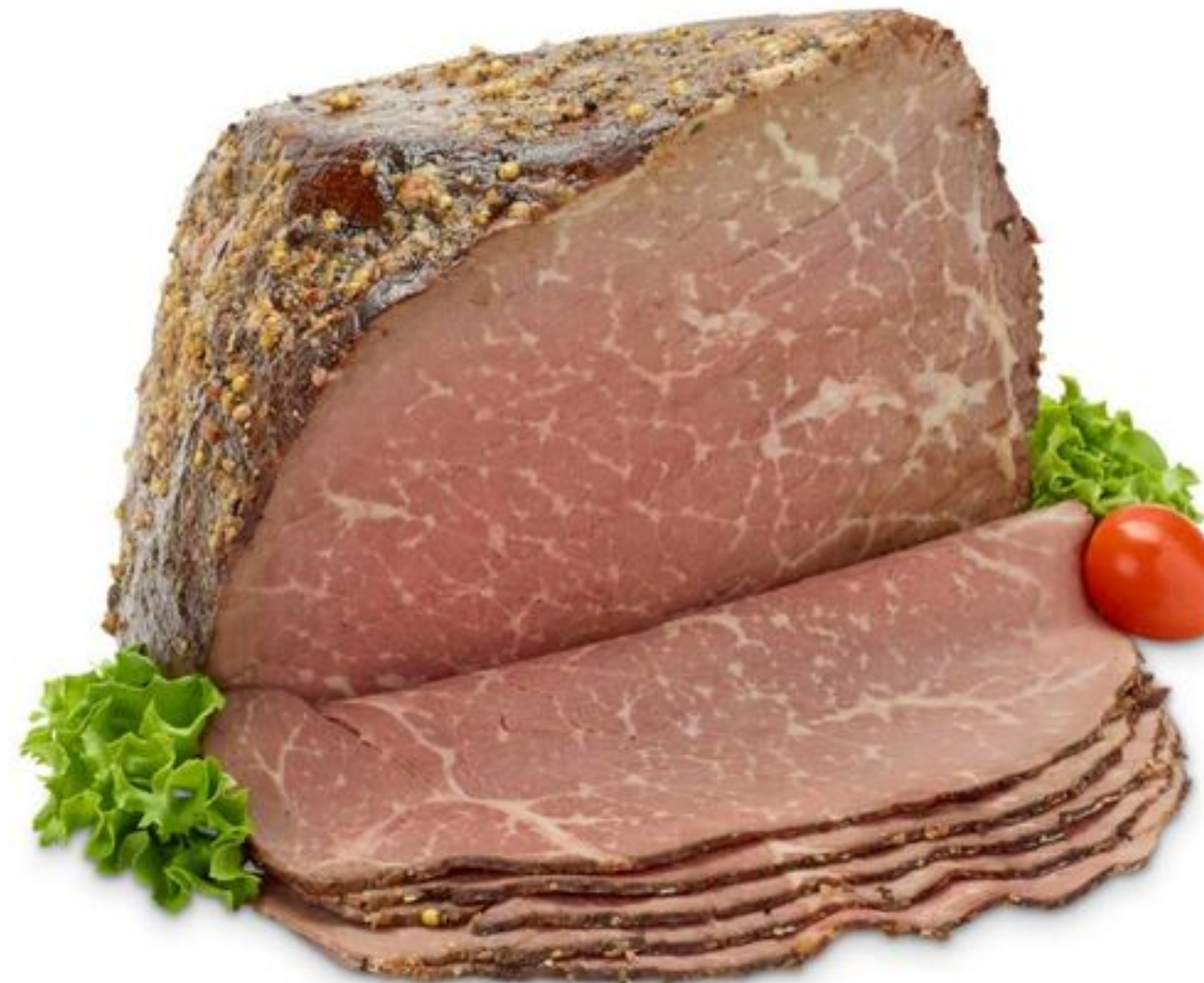
15% off

DELI



L'Extra Triple Crème Brie Cheese
300g

\$14²⁹



Urban Fare Signature Wagyu Roast Beef
Cooked in Store

\$5⁴⁹/100g



Urban Fare Greek Caviar Spread
Also Selected Varieties, 250g

\$6⁹⁹

MEATS



Marinated Chicken Breast
Fresh, Raised without Antibiotics,
Selected Varieties, 22.02/kg

\$9⁹⁹/lb



Western Family Signature Thick Sliced Bacon
Selected Varieties, 500g

\$8⁹⁹



Cod Fillets
Wild, Previously Frozen

\$3²⁹/100g



One-pot wonders

Since 1888, Tiberino produces gourmet Italian dishes that can be enjoyed by anyone, anywhere. Crafted with 100% natural ingredients, Tiberino's pasta meals are delicious and easy to prepare.



new
Tiberino Pasta Meal
Selected Varieties, 200g **\$6⁹⁹**



Olympic Organic Yogurt
(1.75 kg) or Kefir (2 Litres),
Selected Varieties

\$12⁹⁹



Rabbit River Farms Organic Eggs
Dozen

\$8⁴⁹



Western Family Appetizer
Selected Varieties,
Frozen, 255g

\$9⁹⁹



Only Goodness Organic Fruit
or Smoothie Blends,
Selected Varieties,
Frozen, 600g

\$5⁴⁹

DAIRY



Simply Beverage
Selected Varieties,
1.54 Litres

\$4⁹⁹



Millsie Cashew Cheese Alternative
Dip (185g) or Blocks (200g),
Selected Varieties

\$8⁴⁹

FROZEN



Green Giant Valley Vegetables
Selected Varieties,
Frozen, 750g

\$3⁹⁹



Häagen-Dazs Ice Cream
(450 mL) or Novelties (3 x 88 mL),
Selected Varieties

\$5⁹⁹

URBAN MARKET



49th Parallel Organic Coffee
Selected Varieties, 340g

\$17⁹⁹



Silk Oat Beverage
Also Selected Varieties, 946 mL

\$3⁴⁹



Kicking Horse Organic Coffee
Whole Bean, Selected Varieties, 454g

\$19⁹⁹



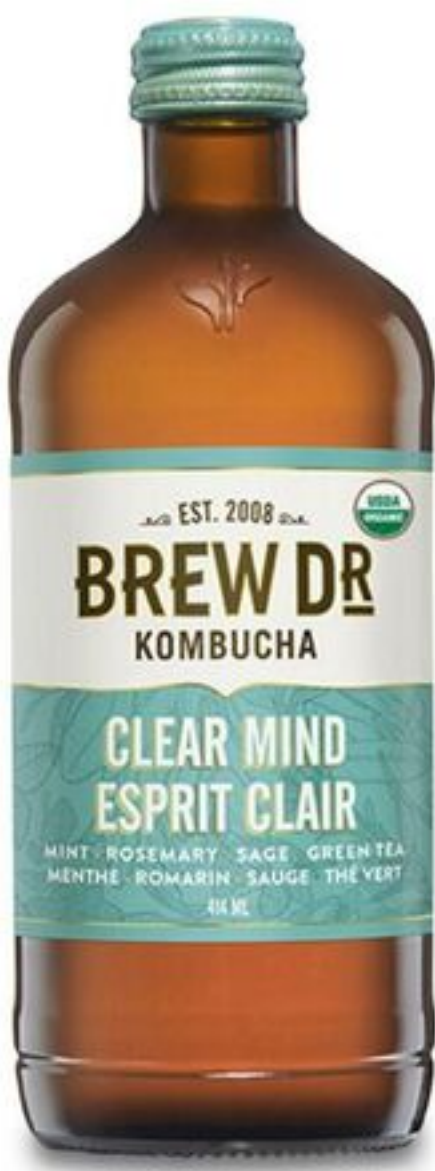
Terra Granola
Selected Varieties, 340g

\$7⁹⁹



Nutella Products
Selected Varieties, 375g

25% off



Brew Dr. Kombucha
Selected Varieties, 414 mL

\$3⁴⁹



Pacific Foods Organic Broth
or Soup, Selected Varieties, 946 mL or 1 Litre

\$5⁹⁹



Partners Crackers
Selected Varieties, 124g or 184g

\$5⁹⁹



Pacific Foods Organic Hearty Soup
(440 mL) or Chili (468 mL), Selected Varieties

\$4⁹⁹

URBAN MARKET



**Miss Vickie's
Potato Chips**
Kettle Cooked,
Selected Varieties,
200g

\$4⁴⁹



Bubly Sparkling Water
Selected Varieties, 12 x 355 mL

\$6⁹⁹



**Hardbite
Potato Chips**
Also Poptastic
Popcorn, Selected
Varieties, 142g

2 for \$7



**Urban Fare
Whole Bean Coffee**
Selected Varieties,
340g or 144g

\$16⁹⁹



**Urban Fare
Sparkling
Mineral Water**
750 mL

\$3⁹⁹



**Urban Fare
Shortbread
Cookies**
Selected Varieties,
150g

\$5⁹⁹



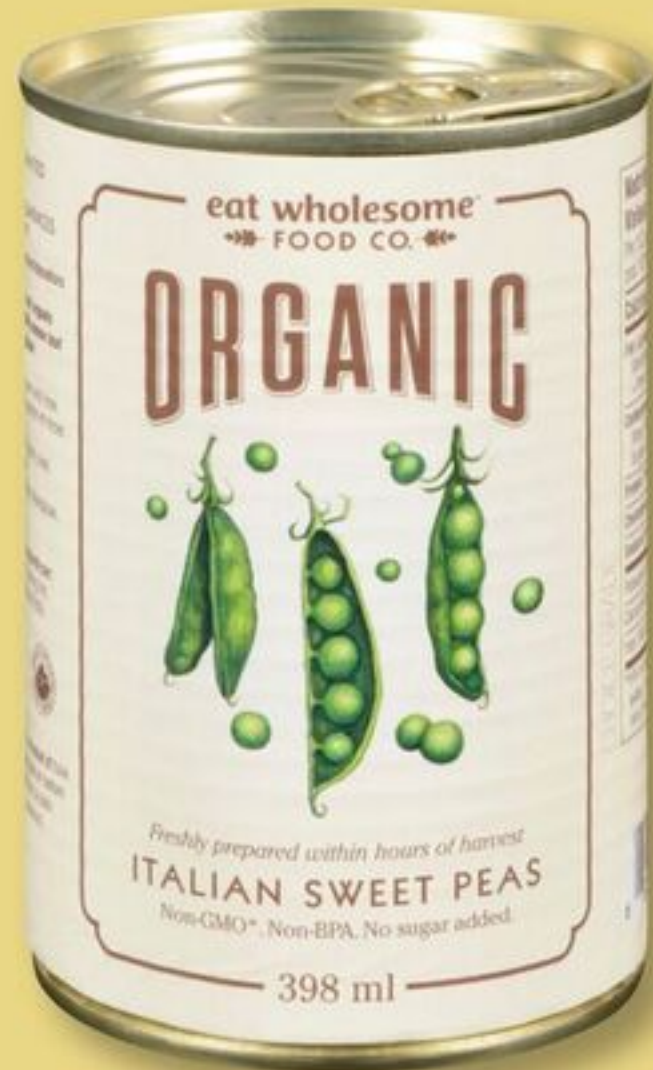
**Carbone
Pasta Sauce**
(660 mL) or
Alfredo (425 mL),
Selected Varieties

\$9⁹⁹



Filotea Pasta
Selected Varieties, 250g

\$7⁹⁹



**Eat Wholesome
Food Co. Canned
Products**
Selected Varieties,
398 mL or 341 mL

\$2⁹⁹

Delectable delights

Celebrate in style with Cudié Catànies—Spanish praline and cocoa dusted almonds—and a variety of premium panettone. Elegant, indulgent, and ideal for the season.

Cudié Catànies Gourmet Chocolate

Selected Varieties, 80g

\$7⁹⁹



Panettone
Gluten-Free, 500g

\$39⁹⁹



**Oreliete Panettone
with Salted Caramel**
750g **\$24⁹⁹**



**Praline
Panettone**
400g **\$24⁹⁹**



**Green Bakery
Vegan Panettone**
750g **\$34⁹⁹**

Feature Fare

Add a festive touch to your table with fresh cranberries. Bursting with vibrant colour and tangy flavour, these ruby red gems are perfect for sauces, baking, or garnishes. Celebrate the season and make every dish merry and memorable.

Cranberries

USA, 340g

2 for \$6



**Designer Choice
Bouquet**

\$44⁹⁹



Orchid Combo
6 Inch

\$189⁹⁹

Something for everyone

Celebrate the season with
flavourful, plant-forward
options crafted to delight
every guest. Our variety of
holiday fare brings warmth,
tradition, and inclusivity to
your festive table.

**Tofurky with
Gravy Combo**
(1.13 kg) or "Ham"
Roast & Marinade
(1.18 lbs)

\$17⁴⁹



**Western Family
Poultry Blend**
Selected Varieties, 20g

2 for \$5

Vegan Brioche Buns
325g

\$6⁹⁹

Organic Yams
USA, 3 lbs

\$7⁹⁹

**Vegan Dessert
Platter**
14 Pieces

\$40

Gourmet gift giving

Give the gift of indulgence with curated Urban Fare baskets and goodies, perfect for treating friends, family, or colleagues with something truly special.

Urban Fare Small Christmas Gift Basket

\$100

Urban Fare Chocolate Truffles

Selected Varieties, 120g

\$29⁹⁹



Urban Fare
Medium Christmas
Gift Basket

\$175

Urban Fare Bubbles
Non-Alcoholic
Sparkling Wine
750 mL

\$24⁹⁹

Urban Fare
Large Christmas
Gift Basket

\$300

Urban Fare Sweet
& Salty Gourmet
Snack Mix

\$14⁹⁹

Christmas is served.

Order a Chef-prepared Holiday Meal
to skip the stress and enjoy more time
with the people who matter most.

MAIN ENTRÉE (your choice)

- Sous Vide Whole Roast Turkey, Sage Stuffing, Homestyle Cranberry Orange Sauce, and Gravy.
- Roast Beef with Au Jus and Creamy Horseradish.
- Blackened Salmon with Pineapple Mango Cilantro Lime Salsa.

+ 3 SIDES (your choice)

- Steamed Brussels Sprouts with Crispy Pancetta & Maple Butter
- Balsamic Roasted Carrots
- Saffron Rice
- Broccoli and Cauliflower Mac & Cheese with Bacon
- Roasted Rosemary Potatoes
- Creamy Mashed Potatoes

+ 2 SALADS (your choice)

- Kale & Green Apple Feta Salad
- Broccoli Burst
- Cucumber Salad
- Harvest Cranberry Slaw

+ 1 MINI POTATO ROLLS

PLUS
FOR AN EXTRA

\$20

ADD 1 DESSERT (your choice)

- Apple Pie
- Pumpkin Pie
- Pecan Pie



*vegetarian

Order at least 48 hours in advance to have your meal freshly prepared, packed and ready to go. At home, you'll just need to reheat your entrée and sides as required. Prep time varies, but please allow up to 1.5 hours to reheat and serve.

Holiday
Meal
\$249
Serves
6 - 8